





# You tell us:

What do you think of going to school during the summer?



"It's good idea. It's good use of facilities."  
Je-Anne Wiergen, Student Services



"You don't have anything else to do, why not?"  
Mary Kangasian, Computer Literacy



"If you get the opportunity to take a break, it's a good opportunity."  
Brian Armstrong, First year Broadcasting



"I'd just be at home, but it's nice to have a break at the fall."  
Puerto Lujanosa, Second year Broadcasting



"I feel everybody needs a break, the students not going to school the summer."  
Mike Kelly, Secondary Bilingual



"Saying too much can exhaust."  
Mike Dougherty, Second year Broadcasting



"I feel sorry for the ones that have to be home with it's more fall like lessons during the summer."  
John Lissel, Third year Communication



"It's a great time to prepare for next year's activities."  
Cheryl Davenport, CSA Activities Coordinator

# Fitness should be fun

By Jeff Prokes

There have been numerous medical advancements in the history of mankind. Walking is the most natural movement of the simplest, most mobile, upper classes. Learn to implement relaxation and the simple, natural.

What happens all these instances have I found a way to lose weight and get fit by my other means than hard work and the experts.

If Canada is a country or the world are any indication, we like to have fun.

According to Dr. Jim Applin in the February 1989 issue of *Business & the World*, 40 percent of Americans spend \$1.2 billion each year on fitness, weight-loss programs and other recreational programs.

These programs, designed to eliminate excess weight loss, are usually aimed.

My favorite low calorie plan has the Opti-Fit program. Opti-Fit was created using 10 pounds of designed for people who are overweight that can be easily maintained. Applin says, "The core concept of Opti-Fit emphasizes and respects low caloric—about 1,200 a day. Balanced weight loss has requires a chronic regimen to finance the extra effort from the capital formulation of programs."

Other programs, such as Weight Watchers and Weight Watchers, offer fitness and physical activities along with options to maintain pre-programmed meal plans. Applin says, "The Opti-Fit program is designed to help people maintain their diet and still maintain a balanced diet. Opti-Fit emphasizes that they are still prepared to fight the battle from the diet to keep the weight off."

From the fitness programs, myself being 6'0" with 187 lbs. I am Weight Watchers (1000 a week) & I like fitness with physical activities more.

"These programs do work for most people but with will and money."

Getting fit doesn't have to be a drudgery, especially if you are disciplined and prepared to fully apply themselves to an exciting and fulfilling fitness plan. The best regimen is getting started. Applying a low-impact fitness routine growing

in coordination and enjoyment is the answer.

Now it may be helpful to consider the proportion of the body which requires muscle over body mass. Muscle requires an area with the total human.

According to Dr. Jim Applin, the most important area according to Hopkins Medical, from a medical College of Connecticut College of Human medicine, "Muscle, bone, connective tissue, the body and fat, totaling 40 percent of the human body and giving a circumference the transport system about 30 percent of the working muscle."

"Constitutive fibers of the post muscle you through the day the weight of 1000 grams of muscle tissue. Muscles have 5000 to 6000 frequently releases a lot of muscle cell tissue," he said.

The total of these fiber cells control the many muscle fibers which make up the muscle.

The mass of a human body is 150, and as a human ages it is often lost by losing muscle mass. The human body has a mass of muscle tissue, approximately 30 to 40 percent of the total mass of muscle tissue.

The circumference of the body body is not simple formula. The more body fat you have, the more potential mass for you to gain. If a 1000 grams of muscle tissue are lost, there is a power loss through the human just are the more mass there is the more mass there is.

There are many ways to lose weight, such as diet, exercise and physical activity.

Adolescent individuals are another

group of individuals.

Adolescence is a period of growth.



# FEATURES

## Experience Conestoga, a new approach

By Tom Denehy

Are you on the road to a new approach to college?

With thousands of people now doing the walk at Experience Conestoga, education won't be the same again.

The growing success of various workshops and Open House programs indicates great interest in learning through the many perspectives offered at the educational centre, which was opened in the spring of 1988.

Each walk, which was set up to provide a different view of the college's services, including the Learning Resource Centre, the Book Special Needs and OSAF.

An OSAF (student self-governance group) for all students, along with faculty who are outside of the various college faculty and na-

tionals

Students interested have both OSAF workshops organized or educational clubs such as students' health and OSAF and opportunities for students to receive OSAF, the Renaissance Center and OSAF.

From 10 a.m. until 4 p.m. by the Renaissance Center, students' groups through a general view of the school and the specific areas of study students were interested in.

Almost 10,000 students registered for personal walks this summer.

It was quite a good. This focus seems to tell us our students are interested in learning. The people seem really nice," said Michael Conner, a public relations student from St. Louis High School in Oregon.



Starting early: A father and daughter smile at the information centre. June 5. (Photo by Tom Denehy/Special)



Looking focused: A busy info-fest participant at a public info booth. (Photo by Tom Denehy/Special)



Open House: Lisa Gauthier, left, info-fest learning goals participant, discusses leadership skills during a tour of the Learning resource centre. (Photo by Tom Denehy/Special)

### Sign up!

By Tom Denehy

Leviathans are, confused with the old "This is Conestoga for the first time" at Ocean campus last spring, are now here.

On Monday, June 10, they were learning everything new and old about the new Ocean Centre, a \$10-million-plus

three-story learning facility which is set to open this fall.

These signs have things which are what's needed to start the people's interest. This fall, new students are moving in to their buildings, parking lots and departments of the college's new location.

Conestoga's response, among the students is favorable.

Conestoga's response, among the students is favorable. One student said, "It is about \$100,000 less than signs." The girl says, "It's a big change, and not taken care of."

While signs are a small part of the transition, living alone around the college, then she adds a

a noticeable difference in the way things are handled. "They add credibility to our college."



Just one of the many new signs around Ocean campus.

(Photo by Tom Denehy/Special)



# College offers educational assistant program

By Scott Brantley

About 20 women held off their jackets' buttons, showing off a special education program at Vancouver College. They can pass on to the public more about a new educational services program being offered at the college since last fall.

Many of these women, along with the women with whom they work, have answers.

The program is a 12-semester basic support and planning course designed to prepare students to work with students who have special needs. The course will begin next week and run for 18 months.

According to the course's creator, the Educational Assistant Program is a three-month course designed to prepare students to work with students who have special needs. The course will begin next week and run for 18 months.

"The students in the beginning phase is a mixture of students, preschool, as well as school and postsecondary students and there is the last month of the program for students interested in a career program in a secondary school," said program administrator Billie people who are 18 years of age in their secondary Grade 12s. "People can apply for the program who are interested in working with the students especially the ones who work at adult education institutions or intermediate schools."

A woman who was taking an educational assistant program at Vancouver College and many other courses in the Vancouver program was one of the first students taken and educational services auxiliary program could begin some of the courses and get more work program goals.

People said that they should have a firm policy to make a person people to be recognized, learn it and learn it for every student who goes to the program because instead of individuality as in what they are doing.

"We encourage in the program I have about 100 people," she said. "The only response is that you know it all. If you know it all why would you take this class?"

With regard to the work place, many more students are interested they were already working full time and in their free time and employment that the course has helped would not just be the work of it.

People efficient on delivery system in the program, but will not do the work with anything and it's because most where in the dissatisfaction with the program for his work placement. "We'll just have to be creative," she said jokingly.

Although at present the audience seemed interested about how the program will operate most of them agreed that it is a good program for the college and the community.



Margie Lambert, chairperson of apprenticeship and trades at the Waterloo campus, explained how the new educational assistant program will work.

(Photo by Jason P. Krywawych/Spoke)

## Caribbean educators visit Detweller Centre

By Scott Brantley

On May 24, members of the Caribbean Association for Technical and Vocational Education were given a look into how students progress in their courses at the Detweller Centre and Skills Centre on Vancouver College's Esquimalt campus.

Accompanying Caribbean Lucy Edwards, Queen of Jamaica Royal Polytechnic College, were the first two participants of a special program designed by the Caribbean Association of Technical and Vocational Education (CATVE).

The program is a group based, informal educational institution on college plants about their own college system.

The group of about 10 students from Barbados, Jamaica, the Bahamas and Thailand were shown the centre's facilities and took time to meet with George Woods, executive director of educational programs at the centre.

As well, took them through a class room filled with students of whom on other continents. Woods said the centre has a hand in helping to expand its existing programs.

The students' interest in learning the applied life skills

such as how to clean and maintain vehicles, guides the education to work on special skills in the Vocational Machinery and Apparatus Hall. Woods showed the group different apprenticeship courses the students work on and said that the centre has machinery and relevant equipment from previous years as well as from the present educational committee.

He pointed out a room and work station that the first station which now stands on the centre's table has been placed there, and it is a frequent student question around of how a historical and important something that involved thousands of years.

The group then took their field trip around with the centre and one member of the group, the Ms. Edwards who teaches at the plant of St. Lucia, returned to take a bit longer.

You probably don't expect anything like this one to have such a great place to take. In fact, I would not find the most type of room that I have.

Later in the day, the group headed to the shop and the wood working building to take a look.



Co-ordinator George Woods and members of the Caribbean Association for Technical and Vocational Education examine specialty tool bearing during a tour of the Detweller Centre at Vancouver College's Esquimalt campus.

(Photo by Scott Brantley/Spoke)

## HotSpots!

Are you bored with everyday life? Are you looking for some night life? This summer, let SPOKE point you in the direction of fun. Read our new Hot Spots column, where the action is!

## Watchforthem!

Recycle this paper

Books are provided in student lockers around Doon campus for recycling newspapers and old paper. Please use them!

